

Ayurvedic Management of Gridhrasi W.S.R. to Sciatica -A Case Study**Dr. Geeta H. Patil - Deshmkh**

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Abstract

Gridhrasi is one of the vata nanatmaja vyadhi and vata is the main dosha in the samprapti . Various aetiological factors for vitiation of vata have been mentioned. All these factors cause localisation of the vitiated doshas leading to increasing incidence of diseases like Gridhrasi. The signs and symptoms of Sciatica are mostly mimic with lakshanas in Gridhrasi. In Gridhrasi patient is having severe pain and discomfort which starts primarily in the sphik and kati region and radiates through posterior aspect of uru ,janu, jangha upto pada. Gridhrasi affects the daily routine of patient and causes a lot of difficulties in mobilization due to tremendous pain. Gridhrasi can be cured by shaman chikitsa. In this case report female patient of age 48 year presented with cardinal signs and symptoms of Gridhrasi

Keywords: Gridhrasi, Sciatica , Vata Dosha

Introduction

The word 'Gridhrasi ' itself suggests the gait of the patient which is similar to Gridhra (vulture) due to pain. Because of the persisting severe pain, the patient has a typical gait i.e. slightly tilted towards the affected side and affected leg in flexed position and another leg is extended. This gait resembles with that of vulture. So the disease is named as Gridhrasi . The symptoms of Gridhrasi initially affect buttocks as well as posterior aspect of lumber region, then it gradually radiates to posterior aspect of thigh, knee, calf and foot. Among Tridosha, 'Vata Dosha 'is prime dosha in the causation of Gridhrasi. The aggravated Vata Dosha resides in kati and sphik region but sometimes Vata Dosha is associated with Kaph Dosha produces VataKaphaj Gridhrasi. In Sciatica, the pain lies along with path of the sciatic nerve, the pain is worsens while sitting with numbness and difficulty in moving the leg .SLRT is positive. Generally 5-10% of patients with low back pain have Sciatica.

Case report

A female patient, tailor by occupation came to the OPD of Kayachikitsa Department of Late BVKale Ayurved Medical College and Hospital with following complaints, left sided low backache which radiates posterior aspect of thigh, knee, calf and foot also tingling sensation and numbness in left sided leg with difficulty in standing and sitting since last 2 months.

Chief complaints

1. Vama kati pradesh to pada shool since 2 months
2. Vama pada suptata since a month
3. Vama pada chimchimayan since a month
4. Chankraman kashtata since 2 months
5. Difficulty in standing as well as sitting since 2 months
6. Toda (pricking sensation)in vama pada

History of case study

Patient had taken analgesics as per need before coming to our Hospital but the effect was temporarily and she was not satisfied by it

because of repeated episodes She didn't have history of any other illness.

Family history

No any major illness

Ashthvidh Pariksha

- Nadi (pulse)- 92/ min
- Mutra(urine)-5-6 times a day
- Mala(stool)- Grathit malapravrutti daily
- Jeeva(tongue)- kinchit saam
- Agni - Vishmagni
- Aakruti - Madhyama
- Shabd (speech)- normal
- Bala -Madhyama
- B.P. =120 /74 mm of Hg

After observation, we found that the gait was like vulture and she was having too much pain while walking. SLRT Left leg positive at 50° and Right leg SLRT negative. The MRI findings showed spinal canal stenosis secondary to central disc herniation (L4 -L5)

Materials and Methods

Centre for study: Late B.V.Kale Ayurved Medical College & Hospital, Latur (Maha.)

Method of sampling & Study design: Simple randomized single case study.

Materials

Gandharva Haritaki 2 tab udankal with luke warm water for 30 days
Sahacharadi tail 10ml vyanodankal with luke warm water for 30 days
Sahacharadi taila also for abhyanga. For bahya snehan 30 ml or if necessary more taila was used.

Discussion

Patient is tailor by profession, sitting for long duration, improper sitting, insufficient sleep, vegavadarana, stressful job, tremendous stress, overexersion, katu-tikt rasatmaka, ruksh ahara-vihara and excess talking are the vata

prakopaka hetus which are responsible factors to vitiation of Vata Dosha, then this aggravated Vata Dosha resides in kati sphik region and causes Vataja Gridhrasi.

Pharmacodynamics

Gandharva Haritaki is a classical Ayurvedic medicine. This formulation has mridu, sukhvirechaka action. Mridu virechan is line of treatment of vatavyadhi. It is oil based soft laxative. As the name itself suggests the main ingredients of this formulation are Haritaki and Erand Taila. Gandharva is Ayurvedic name of Erand or castor. This yog causes Virechana karma which is necessary occurs here .

Sahacharadi taila contains sahachar, dashmool, abhiru, naksha, kushtha, sevy, Ela, hima, sprukka, priyangu, ambu, shilajeet, nalika, lohita, nalada, loha, surahwa, misi, thruksha, natha, k sheera and Til taila. All these together having best property of vatashamana and shoolprashamana .So it is used for abhyantar as well as bahya snehan and it gives best results.

Observation and Results

Significant improvement was found in signs and symptoms of the patient. tingling, numbness and low back pain were reduced well that's why gait has improved The patient has much relief she can sit as well as walk comfortably

✓SLR Test

Before treatment: Lt.leg 50°

After treatment: Lt.leg 70°

✓Walking Time

Before treatment: Patient took 10 min to walk 25 meters

After treatment: Patient took 10 min to walk 100 meters

√Before treatment patient had severe after walking 25 meters but after treatment patient could comfortably walk about 100 meters

Conclusion

Above treatment much helped to relieve symptoms of Gridhrasi and also an attempt to provide safe and effective treatment to the patient. Treatment was easily administrated to the patient and no side effects were noticed. Still to avoid the recurrence of the disease and to break the samprapti patient may need to maintain her lifestyle.

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